

Wolf Pack WARRIOR

Vol. 18, No. 28 8th Fighter Wing, Kunsan Air Base, Republic of Korea August 8, 2003



Squadron physical fitness —

Be prepared for the upcoming fitness test changes.

See page 11

NEWS BRIEFS

America Town hours

The new hours for America Town are noon to midnight Fridays and Saturdays, and noon to 8 p.m. Sundays through Thursdays. The Oriental Club remains off-limits to all military personnel.

Use or lose leave

Active-duty airmen who were unable to take annual leave this past year because they were supporting contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends. Those affected can retain up to 90 days of leave until the end of fiscal 2004, according to Air Force personnel officials. Those who meet the criteria for having excess leave should apply for special leave accrual through their command channels.



Photo by Staff Sgt. Russell Wicke

Battle wounds

Ghulanhaider (left), an elder in Jamadaar, Afghanistan, shows his scars from fighting against the Taliban to Col. Bill Busby, 455th Expeditionary Operations Group commander. Ghulanhaider fought the Taliban and other terrorist groups before coalition forces arrived. He has received multiple injuries from mortar fire and bullets.

New process promotes lieutenants

More than 800 Air Force first lieutenants have been selected for promotion to captain by the calendar year 2003 through the first quarterly captain selection process — a new decentralized procedure. Board officials considered 823 lieutenants for promotion in the line, judge advocate general, chaplain, medical service corps, biomedical sciences corps and nurse corps fields. A total of 816 were selected for an overall 99.1 percent select rate.

Experimental engine

Researchers at the Air Force Research Laboratory's propulsion directorate demonstrated their latest experiment at the Experimental Aircraft Association's AirVenture air show in Oshkosh, Wis. Propulsion scientists from the lab at Wright-Patterson Air Force Base, Ohio, have developed the pulsed-detonation engine, made up mostly of off-the-shelf automotive parts.

Civilians authorized exercise time

Air Force appropriated-fund civilian employees are now authorized to take up to three hours off each week to exercise according to a policy change memorandum issued June 23.



Photo by Staff Sgt. Maritza Freeland

PURPLE HAZE: Pacific Air Forces' Command Chief Master Sgt. David Popp (right) talks to 8th Security Forces Squadron troops after a air base ground defense capabilities demonstration after a briefing Aug. 1. The chief was here through Monday.

PACAF chief visits the Wolf Pack

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Pacific Air Forces' Command Chief Master Sgt. David Popp visited Kunsan Aug. 1st through Monday.

The purpose of his trip was to get reacquainted with the Wolf Pack's mission, to hear concerns of Wolf Pack members and to talk about the command.

"Korea is one of the more challenging places to be stationed in PACAF because so many people are here unaccompanied, especially at Kunsan," the chief said.

Chief Master Sgt. Eric Johnson, 8th Fighter Wing command chief master sergeant, escorted Popp during his stay.

"We took him everywhere," Johnson said. "We took a hard look at support functions on this trip, but spent time with people from every squadron at Kunsan. We showed him how we recognize the accomplishments of the Pack with his attendance of the senior NCO induction ceremony. He met with airmen to hear their concerns, group commanders to get their perspective and chiefs and first sergeants to talk address the issues they see affecting the enlisted population here. We showed him the

dormitories, work centers, recreation facilities and the chapel."

Popp has been in the Air Force since 1979. Kunsan was his third base. He arrived here in December of 1984 as a staff sergeant. In July 1985, he pinned on technical sergeant and left Kunsan in January of 1986.

"A lot has changed with PACAF and especially with Kunsan. The quality of life has changed. We are getting new facilities. During a tour here some will see the dorm projects and the fitness center finished. The biggest change is the facilities," Popp said.

Some things, however, have stayed the same, he added.

"The mission, high morale and the teamwork of the people here are the same. Although, while people are here, they won't realize it. There will be no place else or another wing you will be assigned to that will have the same teamwork, feeling of belonging to each other, and sense of mission accomplishment you have at Kunsan."

Popp has been the command chief of PACAF since July 2002, and he said he has a lot he wants to accomplish.

"I would like to leave behind a more professional force than I found. It's not that we're not professional, but I find in our noncommissioned officers today, we're very technical. We know

the technical side of our jobs very well. But when it comes to the professional side of business — professional not being how your uniform looks, but how we take care of our people — as an institution, I think we can do a lot better.

"Professional development is the second thing. We need to make sure our first-term airmen go to the first-term airmen's center and get acquainted with the Air Force. We need to make sure all eligible airmen have access to professional military education, and they get to airman leadership school, the NCO academy and the senior NCO academy.

"The last thing I would like to leave behind is a method to improve the professional relationship between officers and NCOs. It good now, but any way we can improve understanding of each other's roles and how we work together as a team to make the mission better, we need to do. We're spending a lot of time with company grade officers to prepare them the best way we can, let them see what the NCO corps does and understand the enlisted system because the systems are very different. What I've found is in officer training, there is not an indoctrination to the enlisted system," Popp said.

see CHIEF, page 4

After 9-11 ... be ready!

By Lt. Col. Cori Culver
8th Medical Support Squadron commander

I have always looked up to my dad who recently retired from the New York City Fire Department as a division commander for Staten Island and parts of Brooklyn. However, after 9-11, I was even more wowed by his leadership. We all remember where we were on that tragic day, but for me there were harrowing hours wondering if my dad and brother, also a NYFD fireman, were both alive.

My dad had to make tough calls that day, attend memorials of many of the 343 fallen comrades, and make notifications that loved ones' remains were found. Out of that tragedy, I do think there are important reminders, especially for those of us in the military. Training, discipline, and communication were critical that day, as they are in any crisis.

It is imperative for everyone to be trained and understand their responsibilities. During turmoil, you must be able to accomplish your tasks without a second thought. We should train alternates as well in case, someone becomes a casualty. Self aid and buddy care saves lives. There were many stories of civilians coming to the rescue of people injured and running for their lives down the stairs of the Twin Towers. When we practice during exercises, it is important to have a sense of urgency to help prepare for the real thing.

In addition to training, the discipline to follow orders and procedures is critical during a crisis. You must remain focused on the mission and what you were trained to do. The firefighters that day are a great example of this. Many of them didn't know if sons, dads, uncles, or cousins had made it, but they knew they had to keep going and accomplish the mission.

Finally, communication is a must to combat a crisis situation. Communication must start during training so everyone, from the highest ranking officer to the lowest ranking airmen, understands the mission. Why is this important? Well, when communications are lost, it is important everyone understands the intent of the process to continue meeting the requirements the best they can.

I think it is crucial we all focus on the importance of training, discipline and communication. Training, combined with a sense of urgency, will ultimately save lives during a crisis. The discipline we practice during every exercise will be so deeply instilled we will rise to the occasion when we are called. And, finally, by communicating clearly and simply about the situation and process, we can ensure everyone has the information to act to minimize loss of life in a crisis.

Action Line
782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

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Values are the core of what keeps us on top

Maj. Mark Joyner
8th Maintenance Operations
Squadron commander

The United States military is continually ranked as one of the most trusted organizations in the country. It is imperative we maintain that status; a citizenry needs to believe its military will do the right thing.

They say the three most important parts of real estate are location, location, and location. Well, the three most important components of trust are character, character, and character. Each branch of the service gains the trust of the American citizens by ascribing to a stringent set of values. For members of the Air Force, these values are integrity, service before self, and excellence in all we do.

Integrity is first because it is the foundation of everything we do. In aircraft maintenance, we instill in our 18-year-old airmen they quite literally hold someone's life in their hands — the life

of a pilot. When a pilot steps to an aircraft to fly, there are countless components he cannot see, but he trusts everything is squared away. That is a sacred bond between pilot and maintainer, and it is crucial to the success of our Air Force.

Likewise, every Air Force discipline has responsibilities that facilitate our ability to accomplish our mission — key "assumptions" that are expected to be in place. We can't expect anything less, because failure in our business is not an option.

To borrow a line from Jack Nicholson's character in the movie "A Few Good Men," "...we follow orders, or people die. It's that simple." In peace, our profession is inherently dangerous. In war, the stakes go up exponentially. Our country trusts we will do the right thing. American mothers and fathers should expect nothing less from those they give their sons and daughters to.

Our next core value is

service before self. Wolf Pack members understand this core value more than anyone else in the Air Force because for 12 months each of us personifies the concept. Our families also loyally serve their country while we are away — and they don't even get paid for it.

My wife Julie is a beacon of strength for me. At the conclusion of my tour here, she would have fulfilled the roles of both mom and dad for 30 of the previous 47 months. She's my personal hero, and I'm sure there are many Wolf Pack families just like mine.

Placing our service to our country before any personal agenda allows us to focus on our mission. It provides a compass for us to follow — a commitment that our cause is sound. It is our pledge to our country that when the chips are down, we will be there to answer the call.

Our commitment to the first two values allows us to deliver on the last —

excellence in all we do. If we know the whole team is doing their job and striving towards the same goals, we can concentrate on our personal "piece of the pie." Just about every organization has a motto, but their sincerity is sometimes questionable.

When was the last time you had something "your way" at Burger King? Conversely, the Air Force motto "No One Comes Close" is a simple statement of fact. We are the best in the world at what we do, and second place is so far behind, they're nothing but a footnote, and the gap widens every day. We have demonstrated to the world, quite regularly over the last 12 years, when the Air Force is given a job to do, the results are impressive.

The standards we live by give the United States an Air Force it can be proud of. It is our responsibility, to those who have gone before, to maintain the trust and confidence of our nation.

Integrity Service Excellence

**WOLF PACK
WARRIOR**
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Defend the base
Accept follow-on forces
Take the fight North

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right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	356	50
80th FS	368	42
8th FW	724	92

Stray Animals

Stray animals are potential aircraft hazards and may carry diseases such as rabies. Do not feed stray animals found on base. Avoid piling trash, which can also attract animals. If stray animals are discovered, a work order can be sent to entomology by calling the 8th Civil Engineer Squadron Customer Service at 782-5313.

80th Fighter Squadron deploys to Japan

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

Wolf Pack members left here between July 30 and Aug. 2 for Kadena Air Base, Japan, to participate in dissimilar air combat training.

Approximately 60 people from the 80th Fighter Squadron and 8th Aircraft Maintenance Squadron along with six F-16s will be gone until Aug. 15.

"We went to practice air to air combat training with aircraft other than F-16s," said Lt. Col. Keith Pannabecker, 80th FS operations officer.

Pilots from the 80th Fighter Squadron are supporting an 18th Wing's exercise by giving the F-15s adversary support.

During past exercises, the F-15s from Kadena flew against each other. This time, the 80th FS is providing them a different target to train against.

"We're giving them an aircraft that performs differently and looks differently visually and on radar than an F-15," said Lt. Col. Eric Schnitzer, 80th FS commander. "Our pilots are getting the same benefit training against F-15s."

Wolf Pack pilots will face the challenge of flying against an aircraft that is bigger than the ones they usually fly against.

"They're bigger and our pilots will think they're closer than they are," Schnitzer said. "They also have a better radar and can see the F-16 further out."

Although the 80th FS pilots are getting valuable training on this deployment, their number one mission is to be good training aids for the F-15 pilots, Schnitzer said.

An added bonus to this deployment is the chance to drop a CBU cluster bomb at a range near Kadena.

"We don't have a range here that allows us to do that," Schnitzer said.

To get ready for this deployment, maintenance people from the 80th Aircraft Maintenance Unit had to remove the targeting pod and electronic counter measure pods from the jets, said Senior Master Sgt. James Hebert, 80th AMU assistant NCOIC.

Pilots from here will fly against Air Force F-15s from Kadena and Marine Corps F-18s from Marine Corps Air Station Iwakuni, Japan.

Other than flying against different aircraft, pilots will get a feel for flying from a forward base location and maintainers will learn to operate from the forward



Photo by Staff Sgt. Chuck Walker

Calling it a day: Two F-16 Fighting Falcons taxi back to their hardened aircraft shelter at Kunsan Air Base recently after returning from training mission. Approximately 60 people from the 80th Fighter Squadron and 80th Aircraft Maintenance Unit deployed to Kadena Air Base, Japan, for dissimilar air combat training where they will practice air to air combat against other aircraft. They will be flying against Kadena's F-15s and Marine Corps Air Station Iwakuni's F-18s. They should return Aug. 15.

ward base location, Pannabecker said.

"Deployments such as this one are mutually beneficial because they provide unique training opportunities to make us more combat ready," the operations officer said.

"For some of the troops, this is the first TDY they have gone on," Hebert said. "First, we hope they enjoy the break and have a chance to relax and 'recharge their batteries.' We also hope they take away what it is like to work at a different location and the problems that need to be solved that they take for granted at their home station."

"They have to reach back for supply parts and special tooling that may only be F-16 specific," Hebert said. "These are things that are normally available to them, but being deployed does create logistic challenges."

Maintainers will also face different environmental hazards such as driving in a new location and temperatures at Kadena.

"We have to take extra precautions to make sure

no one gets hurt," he said.

However, the way the maintainers do business won't change.

"The way we go about maintaining the aircraft and the equipment we use is the same no matter where we go ... safe, reliable aircraft in the proper configuration at the time they are needed," Hebert said.

The F-16 Fighting Falcon is a compact, multi-role fighter aircraft. It is highly maneuverable and has proven itself in air-to-air combat and air-to-surface attack.

The F-15 Eagle is an all-weather, extremely maneuverable, tactical fighter designed to gain and maintain air superiority in aerial combat.

The F/A-18 Hornet is an all-weather aircraft used as an attack aircraft as well as a fighter. In its fighter mode, it is used primarily as a fighter escort and for fleet air defense. In its attack mode, it is used for force projection, interdiction and close and deep air support.

Pamphlet explains transformation

'The Edge' explains three 'pillars' concept

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Transformation is on the mind of every Air Force leader, but for many airmen, understanding the Air Force's plan for transformation proves difficult.

The Air Force hopes a new 20-page booklet called "The Edge" will explain the concept of transformation to the service's uniformed airmen and civilian employees.

"One of the things we wanted to do was tie together all the aspects of the 'Transformation Flight Plan' into a logical definition that everyone could understand," said Maj. Gen. Ron Bath, director of strategic planning. The Transformation Flight Plan is the Air Force's roadmap for transformation, as mandated by the September 2001 Quadrennial Defense Review.

The Edge explains and gives examples of the three pillars: organizations, new technologies and operational concepts.

According to a preface explaining organizational adaptations that contribute to transformation, "The process

of transformation begins and ends with our people by allowing us to tailor our organizations to enhance concepts of operations to evolving technology."

The Edge states current force development efforts and the creation of the directorate of homeland security are both examples indicative of the organizational adaptations.

New technological objectives such as directed-energy weapons and greater stealth technology are given as examples of transformational technological advances.

Operational concepts such as global response, global mobility and global strike are also contributors. The Edge states it is the merger of contingency operations along with technological advances and newly tailored organizations that will yield a near order of magnitude increase in combat effectiveness.

Approximately 2,000 copies of The Edge have been distributed to all Air Force major commands, agencies and offices, but the document is not just for airmen, the general said.

"The Edge also has a target audience of our service brethren in the Army and Navy, so that when they develop their next plans for transformation we can merge toward joint transformation as part of a team," Bath said.

Army gets new chief of staff

Gen. Pete Schoomaker was sworn in Aug. 1 at the Pentagon as the Army's 35th chief of staff by The Honorable Les Brownlee, Acting Secretary of the Army.

President George W. Bush nominated Schoomaker in June to replace retired Gen. Eric Shinseki, the former Army chief.

As the Army Chief of Staff, Schoomaker will be responsible for the training, equipping, readiness, and welfare of the Army. He will also serve in a dual role as a member of the Joint Chiefs of Staff.

"Service as the Army's Chief of Staff is both a tremendous responsibility and a matter of duty," Schoomaker said. "Today our nation is at war and we are a critical member of the joint team fighting that war. It is a war waged for the very survival of our way of life and it reaches to the furthest corners of the world. I have never left your ranks, but it is a great privilege to wear our uniform once again."

Schoomaker, who retired from the active Army in December 2000, came back on active duty to assume the position after being confirmed by the Senate July 25. He most recently served as United States Special Operations Command commander, based at MacDill Air Force Base, Fla.,



Photo by Jerome Howard

New Army Chief of Staff Gen. Peter J. Schoomaker is sworn in as the 35th chief of staff by The Honorable Les Brownlee, acting Army Secretary, in the Pentagon Aug. 1. Schoomaker's wife, Cindy, is holding the Bible.

from November 1997 to November 2000. Prior to that he commanded the U.S. Army Special Operations Command at Fort Bragg, N.C., from August 1996 to October 1997.

"I thank our Commander-in-Chief President Bush, Congress, the Secretary of Defense, and the acting Secretary of the Army, for the trust they have placed in me," said Schoomaker. "As an American soldier, I'm honored to serve in the preeminent land force in the world."

(Courtesy of the Army News Service)

Article 15 actions released

By Staff Sergeant Teresa J. Ulring
8th Fighter Wing Legal Office

Eleven members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice during June.

A technical sergeant from the 8th Maintenance Squadron received Article 15 punishment for being in America Town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of forfeiture of \$500 pay and a reprimand.

A staff sergeant from the 8th MXS received Article 15 punishment for being in A-town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of forfeiture of \$500 pay and a reprimand.

A senior airman from the 8th MXS received Article 15 punishment for attempting to steal United States currency from the base exchange, a violation of Article 80, UCMJ. The member purchased a PlayStation and then later attempted to return his used

PlayStation in place of the new one for a refund. The commander imposed punishment consisting of reduction the grade of airman first class, 30 days extra duty, suspended forfeiture of \$764 pay, and a reprimand.

An airman first class from the 8th Communication Squadron received Article 15 punishment for attempting to break curfew and wrongful solicitation of prostitution, violations of Articles 80 and 134, UCMJ. The commander imposed punishment consisting of reduction to the grade of airman.

An airman first class from the 8th CS received Article 15 punishment for attempting to break curfew, fleeing apprehension, indecent exposure and wrongful solicitation of prostitution, violations of Articles 80, 95, and 134, UCMJ. The commander imposed punishment consisting of suspended reduction to the grade of airman and 60 days restriction to base.

An airman first class from the 8th Logistics Readiness Squadron received Article 15 punishment for

striking another airman in the face and using provoking words towards that airman, violations of Articles 128 and 117, UCMJ. The commander imposed punishment consisting of a suspended reduction to the grade of airman, forfeiture of \$150 pay per month for two months, and 30 days extra duty.

An airman first class from the 8th Security Forces Squadron received Article 15 punishment for being absent without leave, a violation of Article 86, UCMJ. The commander imposed punishment consisting of reduction to the grade of airman and a reprimand.

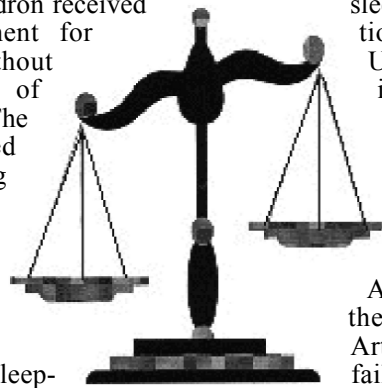
An airman first class from the 8th SFS received Article 15 punishment for sleeping on post, a violation of Article 113, UCMJ. The commander imposed punishment consisting of suspended reduction to the grade of airman, 30 days restriction to base, and 30 days extra duty.

An airman first class from the 8th

SFS received Article 15 punishment for sleeping on post, a violation of Article 113, UCMJ. The commander imposed punishment consisting of suspended reduction to the grade of airman, 30 days restriction to base, and 30 days extra duty.

An airman from the 8th SFS received Article 15 punishment for sleeping on post, a violation of Article 113, UCMJ. The commander imposed punishment consisting of suspended reduction to the grade of airman basic, 30 days restriction to base, and 30 days extra duty.

An airman basic from the 8th SFS received Article 15 punishment for failing to go at the time prescribed to his appointed place of duty, failure to obey a lawful order, and sleeping on post, violations of Articles 86, 92 and 113, UCMJ. The commander imposed punishment consisting of 30 days restriction to base and a reprimand.



Pneumonia: Army investigates soldiers' deaths

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The U.S. Army is deploying two medical teams overseas — one to Germany and the other to Iraq — to examine a spate of pneumonia cases within the U.S. Central Command region that apparently killed two soldiers.

Since March 1, about 100 active-duty service-members deployed to Southwest Asia in support of military operations in Afghanistan and Iraq have come down with pneumonia.

Army officials noted that 15 service members among the 100 had contracted severe pneumonia. Among those severe cases, according to an Army Surgeon General news release, 10 have recovered, two have died, and three remain hospitalized.

“We are deeply concerned about the (soldiers’) deaths,” said Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy. He emphasized that “the health, safety, well-

being of our fighting men and women are of critical ... utmost importance to us.”

The Army, Tornberg noted, is taking the lead in the investigation, which was prompted by the soldiers’ deaths.

The exact cause of death of the two soldiers isn’t presently known, Col. Robert DeFraités, from the Army Surgeon General’s Office, pointed out. The Army medical teams, he noted, will determine that.

There are two types of pneumonia, DeFraités said: infectious or non-infectious. Bacteria, fungi or parasites can cause infectious pneumonia, he explained, while non-infectious pneumonia can be acquired through environmental factors, such as by breathing in metal-, dust- or smoke-laden air.

Two of the 15 severe cases had the infectious type, DeFraités noted, which he said was the most common cause of pneumonia in the United States.

American military medical officials, DeFraités pointed out, have ruled out biological weapons as being a cause of the illnesses.



Photo by Master Sgt. Robert Hargreaves Jr.

Senior Master Sgt. Brian Aguiar and Master Sgt. Brad Kephart, 1st Air Operations Support Squadron, move on after investigating a disabled and abandoned Iraqi anti-aircraft missile battery near Baghdad, Iraq. The Army is sending two medical teams overseas to investigate pneumonia cases.

CHIEF, continued from page 1

The Air Force is taking steps to merge officer and enlisted training. More enlisted instructors will be teaching at the Air Force Academy. The Air and Space Basic Course taught to lieutenants is going to merge with the senior NCO academy for a week of training to familiarize the two corps with each other, Popp said.

“We have tried a few things out at headquarters, one is for every enlisted quarters board we have, we now have a CGO as the board president.”

Popp added there was some resistance. NCOs said that CGOs wouldn’t know what to look for in the enlisted recognition program.

“That is all the more reason to have them as board president, we’ll explain it. That way when they put their people in for an award, they will not only know what to do, but know why we do it,” Popp said.

“The CGOs of today are going to be our squadron and wing commanders of tomorrow. That’s why we have to help them along, to understand the enlisted corps today before they get out there and it’s said they have no clue about the enlisted force. Well, if they don’t, it’s not their fault, it’s the enlisted corps fault for not teaching them.”

Popp said that he also wants to address top PACAF enlisted issues.

“Readiness is always an issue. We need to be fit to win. I think we’re a little bit ahead of other commands because we’ve spent a lot of time and effort on fitness. The second thing is that people are trained to do the mission. Quality of life is always an issue. We’re looking at where enlisted people live and work. We’re working on privatizing base quarters. I think we have forgotten about the work center quality of life. We need to pay attention to where our people work and whether it is up to standards. The last thing is the morale of the people. We’re busy in Korea, so we need to look at the ops tempo and make sure the force is balanced.”

Popp has been a chief since 1994. He started as an airman basic and made chief in 15 years.

“The secret is to stay focused and do the best you can,” he said. “It’s easy to get derailed, but I had good supervisors who challenged me. Study, because when you study you become more competitive. I never wanted to be a chief, I wanted to be a staff sergeant, then I made staff and I wanted to be a master, then I wanted to be a chief. Don’t

worry about promotions, they’ll come if you give 100 percent.”

After being in the Air Force for 24 years and a chief for nine of those years, Popp said he still has a lot to accomplish.

“Right now, I’m more of a servant. It’s time to pay back the Air Force for all it has given me. I’m here to bring others along and help others progress. I’m training my replacements. The Air Force is all about the legacy you leave behind.”

Johnson said the trip couldn’t have gone any better.

“We showed him things we are excited about and things we aren’t excited about. We have his support to fix what doesn’t work and he took a couple of things with him he was really impressed with,” he said. “The people assigned to the 8th Fighter Wing displayed the great professionalism and pride we possess, it showed everywhere we took the chief.”

Popp said that he loves coming back to Kunsan and meeting the people.

“I get recharged every time I come here. It’s because of the mission spirit that is here and the teamwork. You can’t find the same spirit anywhere else in the Air Force,” he said.

Airmen earns big \$\$\$ with IDEA

SAN ANTONIO — An airman from Travis Air Force Base, Calif., and another from Patrick AFB, Fla., each earned a coveted \$10,000 cash award for suggestions submitted through the Air Force's Innovative Development through Employee Awareness program.

Staff Sgts. Nick Bugni and Al-Quaddir Vines received their checks for the "tangible savings" to the Air Force, according to program officials.

Bugni is an air reserve technician assigned to the 349th Equipment Maintenance Squadron at Travis. Vines is assigned to the 45th Communication Squadron at Patrick.

Bugni suggested an improved way to remove and replace horizontal stabilizer pivot pins on T-tails of C-5 Galaxys.

The idea paid off for the Air Force as well. His suggestion will save the Air Force about \$133,000 annually.

In January 2002, Bugni watched a depot team from Robins AFB, Ga., on the Travis flightline. They removed and replaced a pivot pin on a C-5 — a procedure that took three hours. He took pictures and notes of the procedure. After it was replaced, the engineers explained the process could be completed safely in the field. They said he should submit a suggestion to add the job to a technical order so maintainers at bases could replace the part.

"As I thought about all the travel, lodging and man hours that could be saved if we took care of this fix here, it became obvious there could be a huge savings to the Air Force and we wouldn't have to wait (sometimes weeks) for a depot team to fly here to make the repairs," Bugni said.

Not only were time, travel and man hours saved, but before Bugni's suggestion, many components were disconnected and removed unnecessarily before replacing the pivot pin.

Since the steps cut out were not necessary for the procedure, maintainers do not have to rely on as much equipment, either. That also saves money, he said.

In the Patrick suggestion, Vines saved the 45th Space Wing and its mission partners an estimated \$303,607 by

training airmen in his office how to program and install land-mobile radios.

"Maintenance of the radios was contracted, but the programming and installing was outside the contract," said Vines. "If we could program, remove and install the radios ourselves, we wouldn't have to pay the contractor extra money for extra services."

There are more than 3,000 radios at Patrick and Cape Canaveral Air Force Station, according to Vines. While the radio contract provides basic maintenance, the contractor would charge the wing an additional \$65 for each radio they programmed and installed.

Vines saw it as an opportunity to save the government money while providing his office, mainly managers who do not normally do technical installation, some real hands-on work.

"I noticed the way we paid for the extra services from the contractor, and I said to myself, 'We could save money doing it ourselves,'" said Vines, who learned how to program and install the radios during a deployment to Kuwait.

Vines visited Patrick's IDEA program manager. During his visit, Vines said he never expected he would soon have a \$10,000 check in his hands.

"(His idea) was very rewarding to the unit and the wing," said Alexandria Mullins, the program manager. "(The) \$10,000 is just a drop in the bucket compared to the over \$300,000 the wing would have spent. It makes me feel great, especially when we give out the money."

Vines said he has been trying to save the Air Force money his entire career.

"If you see something wrong, try to fix it," Vines said. "You owe it to the Air Force and yourself."

Under the IDEA program, Air Force officials give cash awards to airmen and federal civilian employees for sharing their ideas on how to save the Air Force money. Cash awards range from \$200 up to \$10,000.

Ideas must be submitted to the Kunsan Air Base IDEA program at ideas.randolph.af.mil/ipdswarn.html. (Courtesy of Air Force News Service)



WOLF PACK Crime Watch

July 29:

Theft of private property — A staff sergeant reported to the security forces control center his black and gray Next bicycle was missing from the parking lot of building 954. The bicycle went missing July 18.

July 30:

Damage to government property — The SFCC received a call that a front-end loader had been damaged while attempting to move another vehicle with a chain. The grill had been torn off.

Loud noise complaint — An anonymous caller called the SFCC about loud noise coming from the first floor of dormitory 1303. Patrolmen were sent and briefed the airman about the 24-hour noise discipline policy.

July 31:

Government vehicle accident — The SFCC received a phone call that there was a traffic accident near building 2565. Patrolmen arrived on scene to investigate. The senior airman driving the vehicle turned to sharply and hit the rear right quarter panel of his car on a column by building 2565. Damage to the vehicle consisted of a scratch on the rear right quarter panel. There were no injuries.

Government accident — The SFCC received a phone call there was a traffic accident near building 2831. A staff sergeant was driving a panel van and parked it in first gear, causing it to jump forward and hit the wall of building 2831 when he started the vehicle. Damage consisted of a broken driver's side headlight and a dent on the driver's side of the bumper.

Aug. 1:

Article 92, Failure to obey order — While patrolmen where conducting a sweep of America Town they noticed a civilian taxicab approaching when it stopped and started to back up. A patrolman approached the taxi and spotted an active-duty airman in the back seat. The patrolman ask for identification. The senior airman said he thought the off limits area started at the arched gate.

Article 128b.1, Assault with a dangerous weapon — An anonymous caller notified the SFCC of a possible fight in the third floor dayroom of building 1303. Patrolmen arrived on scene and noticed a senior airman and an airman in a verbal altercation. The patrolmen stopped the altercation and calmed both individuals down, then gave them lawful orders to stay away from each other for the

night and to stay in their respective dorm rooms. The patrolmen left. Soon after, the senior airman called the SFCC stating the airman had come into his room, via the bathroom and had hit him over the head with a bottle. Patrolmen arrived on scene and took both airmen into custody.

Aug. 2:

Escort violation — A airman first class called the SFCC and reported an escort violation. A Korean national had escorted three people on base. When he returned only two were with him. The sponsor had been briefed on escort violations four to five times in the past. A patrolman responded and briefed the sponsor and confiscated his U.S. Forces Korea form 37EK.

Unauthorized flightline photography — Two on duty security forces members notified the SFCC of two Korean nationals taking pictures inside the restricted area. Patrolmen arrived and approached the Korean nationals, who had authorized contractor badges for the restricted area. They said they did not know they needed authorization to take photographs.

Escort violation — An on-duty security forces member called the SFCC to relay he had an escort violation at the front gate. The security forces guard confiscated the visitor pass from two Korean national visitors and told them to leave the installation. The sponsor was told to report to the SFCC. He reported with out the other two people he was sponsoring. Security forces took him to his work place, where they found one of the individuals he was escorting. All personnel were accounted for and left the installation of their own accord and their employer was notified of the violation.

Aug. 3:

Suicidal Gesture — A staff sergeant called the SFCC and stated that an airman first class said an Army private has made a suicidal gesture. Patrolmen went and picked up the private outside building 1303 and took him to building 590. The private stated that he had made the gesture for personal reasons and he was fine now. The private was released.

Medical response/damage to government property — A senior airman notified the SFCC, via a 911 call, that a staff sergeant had cut his arm on glass as he was opening a door. Patrolmen arrived on scene. The staff sergeant was transported to the clinic where he consented for blood to be taken. The staff sergeant was then transported to Kunsan City Hospital, escorted by two 8th Medical Group members, for further treatment. The sergeant was charged with Article 108, damage to military property and advised of his rights. The sergeant stated he has applied too much pressure to the glass while opening the door which caused it to break. The sergeant was released to his first sergeant.

Courtesy of the 8th Security Forces Squadron

OF THE PRIDE PACK

Job: 8th Fighter Wing Command Post senior emergency actions controller

Duties: Receive, process and submit emergency actions traffic and submit operations reports to higher headquarters

Hometown: West Liberty, Ky.

Follow-on: Tyndall Air Force Base, Fla.

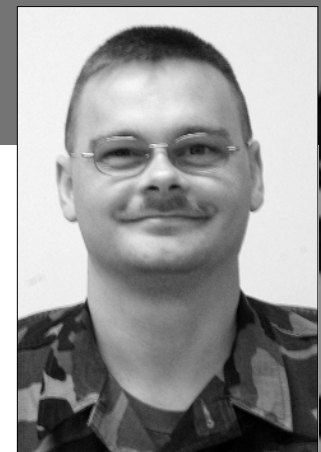
Hobbies: Fishing, hunting, archery, computers, motorsports and boating

Favorite music: Rock and Roll

Last good movie you saw: "Lord of the Rings II"

Best thing you've done at Kunsan: Got in better shape

"Tech. Sgt. Major Johnson has been a key member of the communications working group which assesses current capabilities and develops future requirements. Notwithstanding his duties and responsibilities as a senior controller, he worked countless off-duty hours to perfect the checklists used to operate and upgrade the software used on the base's Giant Voice system. Tech. Sgt. Johnson led the command post controller team that was recognized as the 'professional team' during the spring 2003 Pacific Air Forces Operational Readiness Inspection, helping the wing achieve an overall 'excellent' rating. Tech. Sgt. Johnson epitomizes and is truly deserving of the Pride of the Pack award."



Tech. Sgt. Major Johnson

Master Sgt. Dave Platt
8th Fighter Wing Command Post

Kunsan Air Base hosts KAGA tourney



Bill Coutts (front) and Fred Jones (back) evaluate a long putt at hole five.



Mr. Ko, Suk Chul sinks a putt at hole three.

Kunsan Air Base hosted the Korean American Golf Association tournament at the West Winds golf course Saturday. Eight members of the KAGA, including the chairman and vice chairman, combined with eight of the Wolf Pack key leadership teamed up in teams of four with two Americans and two Koreans per team to play 18 holes of golf. KAGA has approximately 130 members. The purpose of KAGA is to promote strong community relations with distinguished citizens of the Kunsan city and area. Members of the group are comprised of Korean national citizens selected by the president of the association. The winners of the tournament were Jim Sohan, 8th Civil Engineer Squadron commander, and Thomas Marshall, 8th Dental Squadron commander. (Korean members of the team still needed)



Photos by Staff Sgt. Robert Wollenberg

Robin Rand shakes hands with Mr. Ko, Suk Chul before the start of the KAGA tournament after giving him and the rest of the KAGA visitors West Winds golf course towels and golf balls.



Cho, Wan Suk, hits his ball from a sand trap at hole 5.



Jones wills his ball toward the hole during the tournament.



Choi, Su Hyon chips a shot toward the pin at hole three.



Rand eyes up his shot before putting during the tournament.



Michael McKinney drives his ball toward the green at hole three.



Mr. Han, Sang Yong chips the ball onto the green during the tournament.

7

DAYS

Today

Free food night The Loring Club offers free barbeque chicken 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin' Bowl The Yellow Sea Bowling Center has Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Karaoke night The Falcon Community Center hosts karaoke night at 8 p.m.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m and 6:30 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Saturday

Spades tournament The Falcon Community Center hosts a spades tournament at 7 p.m. The winner receives a phone card.

Latin Night The Loring Club hosts Latin Night in the ballroom.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Chess tournament The Falcon Community Center hosts a chess tournament at 7 p.m. The winner receives a phone card.

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Chicken wings The Loring Club has chicken wings for 10 cents 6 to 8 p.m.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

9-ball tournament The Loring Club has a 9-ball tournament at 7 p.m. For more information, call 782-4575 or 782-4312.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza The Loring Club offers pizza from 6 to 8 p.m. The cost is 50 cents.

9-ball tournament The Loring Club has a 9-ball tournament at 7 p.m. For more information, call 782-4575 or 782-4312.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Birthday celebration The Falcon Community Center has a birthday celebration at 7 p.m. People born in August are invited to come by for birthday cake.

BOWLING SUMMER SPECIAL



Enjoy the summer with bowling at the Yellow Sea Bowling Center

Throughout August the Yellow Sea Bowling Center sponsors quarter mania. Bowling, shoe rental, hot dogs, french fries and small sodas will cost two quarters each.

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

Kun burger The Loring Club has a \$2 Kun Burger from 6 to 8 p.m.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

8-Ball pool tournament The Loring Club will host a best two-out-of-three 8-Ball tournament at 7 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Thursday

Steak Dinner The Loring Club offers steaks from 5:30 to 8:30 p.m.

Darts 301 The Falcon Community hosts a darts compenion at 7 p.m. The winner receives a phone card. For more information, call 782-4679.

Ladies night The Yellow Sea Bowling Center offers Ladies Night starting at 6 p.m. Ladies bowl for free.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.



MOVIES



Saturday

“Legally Blonde 2: Red, White & Blonde” (PG-13) Starring Reese Witherspoon. 7 and 9:30 p.m.

Sunday

“Legally Blonde 2: Red, White & Blonde” (PG-13) 6 and 8:30 p.m.

Tuesday

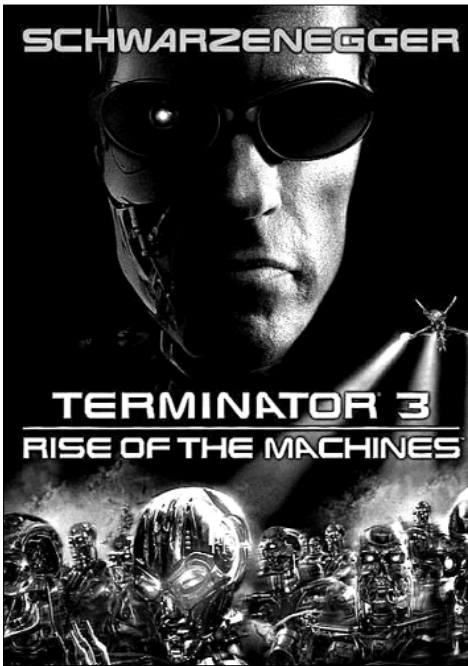
“Dumb and Dumberer” (PG-13) Starring Eric Christian Olsen. 8 p.m.

Wednesday

“Down With Love” (PG-13) Starring Ewan McGregor and Renee Zellweger. 8 p.m.

Thursday

“Down With Love” (PG-13) 8 p.m.



Tonight

“Terminator 3: Rise of the Machines” (R) Starring Arnold Schwarzenegger. 7 and 9:30 p.m.

Korean Folk Village

The Falcon Community Center has a trip to the Korean Folk Village near Suwon Aug. 16. The bus departs at 7 a.m. and returns at 8 p.m. This tour takes you to a living museum that recreates the lifestyle during the Chosun Dynasty. Folk dancers and plays are presented twice daily in the performance arena. The cost is \$20 or \$16 for special consideration of airman morale. The deadline to sign up is Thursday.

BIRTHDAY MEAL

The O’Malley Dining Facility hosts the August birthday meal at 6:15 p.m. Sunday. Choose from steak and lobster, steak and shrimp, or steak and chicken. For more information, call Airman 1st Class April Gipson at 782-5160 or 782-5538.

Education

Scholarship Children of Wolf Pack personnel may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

Enlisted commissioning program There will be an enlisted commissioning briefing open to anyone interested in applying for officer training school, ROTC or the airman education commissioning program at 9 a.m. and 1 p.m. Aug. 22 in the base education office, in building 1051. For more information, call 782-5148.

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 3 p.m. every second Wednesday at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. every second Wednesday at the Loring Club.

FSC

Pre-separation class The family support center offers a pre-separation class 9 to 11 a.m. today in the military personnel flight building. For more information or to register, call 782-5644.

Financial brief The family support center offers a personal financial management program briefing 4 p.m. Monday in building 755, room 215. This is a manda-

tory brief for all senior airmen and below and all airmen at their first duty station. For more information, call 782-5644.

Survival Korean The family support center offers a survival Korean language class 10 a.m. to noon Tuesday in building 755, room 215. For more information or to register, call 782-5644.

Family reunions The family support center offers a family reunion brief 3:30 p.m. Tuesday in the theater. No registration is required. For more information, call 782-5644.

Smooth move This seminar answers questions on moving. The seminar includes a new section on home buying, taught by a licensed realtor from the family support center. The seminar is 1 to 4 p.m. Wednesday at the SonLight Inn. For more information or to register, call 782-5644.

Distance parenting The family support center offers a course to teach Wolf Pack members how to stay connected with children on an unaccompanied tour. The class is 6 to 7 p.m. Thursday in building 755, room 215. For more information or to register, call 782-5644.

Volunteer Opportunities

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The local Kae Chong Orphanage needs volunteers. Wolf Pack personnel volunteer Thursdays to spend time with about 40 children. Volunteers should meet at the military personnel flight parking lot at 6:15 p.m., for a 6:30 p.m. departure. Transportation is provided. For more information, call or e-mail Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are 3 p.m. Sundays at the chapel

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment



Photo by Staff Sgt. Chuck Walker

Cookin' up a storm: Jenny Park, 8th Mission Support Squadron Family Support Center, mixes stuffing for the Friday night meal at the SonLight Inn Aug 1. The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the inspirational praise and worship service is 7:30 p.m. Fridays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

SonLight Inn hours The SonLight Inn is open 6 a.m. to 10 p.m. Monday through Thursday, 6 p.m. to midnight Friday, 8 a.m. to midnight Saturday and 8 a.m. to 10 p.m. Sunday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Bible study at 11 a.m. Sunday at

the SonLight Inn, room 2.

☐ Men's Bible study at 6:30 p.m. Sunday at the SonLight Inn, room 2.

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the SonLight Inn, room 2.

☐ Women's prayer group is 6:30 p.m. Monday at the chapel.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

New terminal The new Air Mobility Command Passenger Terminal is open. It is located in building 2858 next to base operations. For more information, call 782-7550.

Scheduling the Loring Club In order to host an event or meeting at the Loring Club and avoid room conflicts, you must book the space with the club prior to the event. To schedule a room, call Ms. Okson Yi, Donald Montgomery, or James Boogaard at 782-4312 or 782-4575.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.



Above & Beyond Continue your career in the Air Force Reserve, call Master Sgt. Mark Kosht, Air Force Reserve recruiter at DSN (315) 634-5174 or email at mark.kosht@kadena.af.mil

RECREATION NIGHT AT THE SONLIGHT

The SonLight Inn and base chapel hosts recreation night Saturday from 6 p.m. to midnight. Door prizes will be given throughout the night including an MP3 player, compact disc player and Army Air Force Exchange Service coupons. The Wolf and Wing Chaplain will draw a name at 10 p.m. for a free plane ticket to bring a spouse to Kunsan to visit.

First Friday

First Friday is an event that will be held the first Friday of each month in the officers' lounge. Today's event will feature a Crud tournament starting at 8:30 p.m. with teams of four people each. Prizes will be given for first, second and third places. Other features include free barbecue chicken from 6 to 9 p.m., live music from 7 to 9 p.m., door prizes, and late night breakfast starting at 11 p.m.

Wilderness challenge set for October

NORFOLK, Va. — The Mid-Atlantic Region Morale, Welfare and Recreation Department is conducting the third annual “Wilderness Challenge” outdoor extreme-sports match Oct. 2 to 4 in Fayetteville, W.V.

The annual event is set to take place with the Appalachian Mountains and the Gauley River as the backdrop for more than 300 servicemembers competing for bragging rights as the best extreme athletes among the nation’s services.

An Air Force team from Little Rock Air Force Base, Ark., Team “Trash Haulers,” took third place in the last event.

For two days, participants will compete in seven events including an 8-km run through mountainous terrain, a 14-mile forced hike and a

10-mile mountain bike race. Competitors will also test their physical endurance with a half-mile swim, a 13-mile whitewater raft race and a seven-mile combined raft, canoe and kayak race. Additionally, participants will compete in a war game paintball competition.

The Wilderness Challenge is open to all branches of the active-duty military including National Guard and Reserve members currently on active duty for more than 90 days. Each team will consist of four active-duty military members including at least one female. Registration for this year’s event is under way.

For registration information, call Michael Bond at (757) 887-7256 or visit www.wildernesschallenge.net to find more information on this year’s event.



The rock: Participants from a previous year’s Wilderness Challenge tackle climbing up the rock cross.

CSAF says ‘Be ready’

WASHINGTON — Airmen will begin hitting the track soon as the Air Force begins a new physical fitness program, the service’s senior leader announced in his July 30 “Fit to Fight” Sight Picture.

Air Force Chief of Staff Gen. John P. Jumper directed that airmen will now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because “we are a much different Air Force today,” according to Jumper.

Jumper cited the physical requirements demanded by recent deployments around world as the impetus for the change.

“The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture,” he said. “It’s time to change that.”

Details will be released soon that will get airmen back to the basics of running, sit-ups and push-ups, Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

Other changes include issued workout clothes and a renewed focus on the commander’s ownership of airman physical fitness.

“We are planning to ... put responsibility for (physical training) in the chain of command, not with the medical community or the commander’s support staff,” Jumper said.

“I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers),” he said. “I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard.”

The program will begin Jan. 1, 2004. Jumper said he plans to lead National Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sgt. of the Air Force Gerald Murray will lead area command chiefs later in the week.

“I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force,” Jumper said. “Let’s not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them.”

“January 2004 is the date,” he said. “Be ready.”

Civilains get exercise time

By Tech. Sgt.
David A. Jablonski
Air Force Print News

WASHINGTON — Air Force appropriated-fund civilian employees are now authorized to take up to three hours off each week to exercise according to a policy change memorandum issued June 23.

It is all about encouraging employees to adopt lifestyles that support healthy working environments, said Maj. Gen. John Spiegel, director of personnel policy.

“Incorporating this policy into our current environment is reflective of our continuing interest in fostering healthy lifestyles, and is especially important considering the stressful environment in which we work and live,” Spiegel said.

This policy will be left up to local commander discretion, based on mission requirements and major command guidance, the general said. As workloads permit, managers and supervisors will determine the employees’ use of time off for exercise activities. In addition, commanders are free to use other flexibilities already in place such as alternative work schedules, credit hours, compensatory time-off, annual leave or

leave without pay.

Physical exercise activities may include participation in intramural sports, running, walking or use of the base gym. The physical activity must enhance the Air Force’s mission in some appreciable manner. The goal is to ensure the health and wellness of the Air Force’s workforce, both civilian and military, Spiegel said.

Participants must meet certain civilian health promotion criteria to realize this benefit, Spiegel said. Civilians wishing to participate in a local program may be required to obtain a fitness education assessment from their primary care provider or physician and should maintain a log or record of their activities, goals and progress.

Participation in a health promotion program is generally restricted to the use of facilities under the direct control of the installation commander. Participants must also complete a request for approval for excused absence and get approval from their second-line supervisor. As with many new programs, local bargaining obligations must be satisfied before implementation.

This policy change will be reflected in the next revision of Air Force Instruction 36-815, “Absence and Leave.”

SPORTS SHORTS

Fun run

The fitness center offers a 5K run 6 a.m. Saturday. For more information, call 7682-4026.

Golf tournament

The West Winds Golf Course has a golf tournament Thursday with at 1 p.m. tee-time. The cost is \$5. All players are required to have a handicap.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Photo by Danny Meyer

Get moving

Brig. Gen. John Weida, Air Force Academy commandant, joined cadets on the first leg of the 35-mile relay Warrior Run on July 30. The run was added to basic cadet training here this year.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday

5:45 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday

11:30 a.m. - Shaping and toning



Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it’s easier to eat the foods you want and stay healthy. Did you know the recommended serving

of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains four servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the health and wellness center



Tobacco Fact

Every cigarette smoked takes 7 minutes off the life of the smoker, about as long as it takes to smoke the cigarette. Each pack of 20 cigarettes takes 140 minutes to smoke, and subtracts 140 minutes from the life of the smoker.

— 1994 Surgeon General report Youth and Tobacco

The health and wellness center offers free smoking cessation classes. For more information, call 782-4305.

SCORES & MORE

SOFTBALL

American League

	W	L
MDG A	9	2
AMXS B	8	4
MXO	4	6
LRS A	7	1
SFS A	6	1
AMMO	2	4
FOX BTRY	1	5
CES B	4	5
MXS	6	2
SVS	3	6
MDG B	0	8
SFS B	3	4
COMM B	1	8

National League

	W	L
OG	8	0
COMM A	5	1
AGE	2	2
ECHO BTRY	3	4
LRS B	6	1
KWANG JU	2	4
AVIONICS	2	3
FAB FLT	2	6
SOLDIERS	0	4
CES A	3	3
AMXS A	3	1
ROKA	0	3
ARMAMENT	0	4

— Standings current as of July 16
courtesy of fitness center

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down
days
8 a.m. to midnight



Prevent tooth decay

- ❑ Tooth decay is an infectious disease
- ❑ Most oral health problems are preventable
- ❑ Dental caries is the single most common chronic childhood disease; five times more common than asthma
- ❑ Untreated tooth decay has been associated with failure to thrive, eating, learning and speech problems, and diminished self-esteem in very young children
- ❑ Children miss nearly 52 million hours of school per year due to dental disease
- ❑ Frequent snacking on sticky sugar-laden carbohydrates and drinking soda is the major contributor to dental decay
- ❑ Seventy-five percent of all adults have some form of periodontal (gum) disease

For more information on dental care, call the dental clinic at 782-4943.

Courtesy of the dental clinic

Squadron PT: ‘Get on board’

By Senior Airman
Cat Trombley

8th Fighter Wing Public Affairs

Gen. John Jumper, Air Force chief of staff, announced earlier this month the Air Force will go back to running for a physical training test.

At Kunsan, some squadrons are ahead of the game on the road to meeting new fitness levels. The 8th Civil Engineer Squadron is one of them.

“A squadron PT program helps build esprit de corps and comradery within in the squadron, but more importantly, it gives people an opportunity to measure their fitness level against their peers,” said Lt. Col. Jim Sohan, 8th Civil Engineer commander. “Most folks are not in any kind of structured fitness program and have a difficult time truly assessing their true level of fitness. Fitlinxx and other programs are a great start, but the squadron PT program gives them a chance to see how they measure up to the person next to them”

1st Lt. Jason Moschella, the CE fitness monitor, agrees squadron PT, builds unit morale.

“A PT program has strong intangibles too. It improves the morale of the troops by contributing to unit pride and cohesion,” he said. “I’ll be the first one to admit, being self-motivated is sometimes a challenge. Our PT program forces troops to get up in the morning and get some exercise. However, our PT program is not intended to be the only exercise they get because individuals’ fitness needs vary greatly from one person to the next.”

Jumper also stated commanders need to get involved with their airmen’s fitness. In a press release, Jumper stated he wanted commanders and senior enlisted members to lead the way and offer help to those who cannot meet the new standards.

“Squadron PT also gives me a means to judge the fitness level of the squadron as a whole. The Red Devil fitness program won’t make you a world class athlete, but if you can work up to successfully completing our run, you should be able to pass the new Air Force fitness test when it’s imple-



Photo by Senior Airman Cat Trombley

PT, good for you, good for me: Members of the 8th Civil Engineer Squadron finish a 1.5 mile run around the golf course Wednesday morning. CE participates in a squadron physical fitness program, consisting of push-ups, crunches and running, three times a week.

mented,” Sohan said.

CE does PT three times a week. The program includes calisthenics, running and a spin class.

“PT begins at 6:30 a.m. We go through a series of stretches and finish with three sets of 15 to 20 push-ups and three sets of 20 crunches. I give the group time to stretch on their own and then we run 1.5 miles individually. We started giving folks the option to do spinning for 30 minutes instead of running. If the weather is bad, we release everyone to exercise on their own instead of running,” said Moschella.

Sohan said the reception of the program has been good and people in his squadron often offer suggestions on how to make PT better.

“I’ve received positive feedback from a lot of people and we’ve implemented some changes, such as offering the spin class as an alternative to running and changing how we do calisthenics,” he said.

Sohan said he would definitely suggest other squadrons who do not have a

PT program to start one.

“I would suggest doing PT at least three days a week with some type of structured program. Otherwise, you’ll get people who decide the best exercise for them is to go back to the dormitory and sleep for another hour,” he said. “Squadron PT should be done, if for no other reason than to get a feeling for the squadron’s overall fitness level. However, it doesn’t need to be at the squadron-level. Individual units and flights should start programs if there isn’t a squadron program.”

Sohan said he was pleased to learn Jumper had gone back to the run test, and he feels his squadron will have no problem passing it.

“The way my heart ‘functions’ I can have a very difficult time passing the cycle ergonometry test on any given day, so I’m just thrilled to see the run back. I’ve seen the proposed point scale and truthfully I don’t think it’s too difficult to meet the minimum fitness levels,” he said. “I don’t view myself as someone who’s really physically fit, but I tell my folks if

they can keep up with me, they’ll easily pass the new test. I think most of my folks will be ready. Some still have some work to do, but we’ll help them get there.”

Moschella believes that doing PT will condition CE troops so they can pass the new standards.

“The core exercises of our program are the push-ups, crunches and 1.5 mile run. The repetition of these exercises will condition troops. When it comes time for their PT test, it will just seem like another morning of PT, but maybe slightly harder,” he said.

Red Devils say squadron PT is a good thing.

“It keeps me motivated,” said Staff Sgt. Kevin Ritter, CE costumer service. “It ensures I get exercise at least three times a week.”

Moschella said starting a PT program is a good idea.

“It benefits everyone. The bottom line is PT is being emphasized from the top down, beginning with Gen. Jumper and the Chief Master Sergeant of the Air Force Gerald Murray, so get on board,” he said.




Tobacco Fact: Before 1930 lung cancer was a rare disease not listed on the International Classification of Disease system in the United States. As a young cancer surgeon, Dr. Alton Ochsner saw six lung cancer patients in a single year and concluded that an epidemic of lung cancer must be under way. All these patients were male, and all had a history of heavy cigarette smoking. For information about smoking cessation classes, call the health and wellness center at 782-4305.




Photos and graphics by Staff Sgt. Robert Wollenberg

The family support center held an open house July 31 in front of building 755. Because the FSC has relocated, gained new personnel and added many new programs, they held the open house to introduce themselves to the newcomers to Kunsan Air Base and to re-introduce themselves to base members who have been here a while. During the open house, door prizes were given away and refreshments were served. The FSC provides programs such as Air Force Aid, transition assistance program, personnel financial management program, relocation assistance program, and more. On their web, page people may also find such things as language assistance, travel information, restaurant and shopping information, assistance with Korean transportation, maps and much more. For more information, call the FSC at 782-5644 or visit their web site at web.kunsan.af.mil/milpages/8msg/8MSS/FSC/FSC%20Index.htm



Family Support Center



- Noncombatant Evacuation Operation (NEO)
 - Kunsan currently has 126 registered noncombatants
 - State Department suggest we could process 1700+
- Provide information, education and personal, financial counseling to Kunsan AB members
 - AF wide increased debt levels caused new emphasis...family separation & 2 household maintenance increases burden
- Relocation increased tours (DMZ and downtown), information on local events and attractions

We Got Your Back, Wolf Pack.



Top: Family support personnel assist passers by at their open house tent Thursday. **Above:** Family support center volunteer, Jenny Park, shows Senior Airman Christina Holguin cooking class schedules in the FSC office Thursday. **Immediate left:** Ms. Son-Kyong, Kim, multicultural instructor, assists Wolf Pack members with FSC program information. **Upper far left:** FSC poster board. **Lower far left:** FSC poster board.

